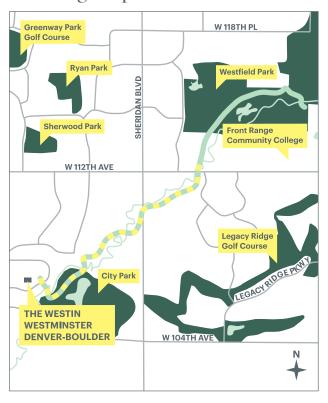
WESTIN WORKOUT Running Map



THE WESTIN WESTMINSTER DENVER-BOULDER

10600 Westminster Boulevard, Westminster, Colorado, 80020 T 303 410 5000

3-MILE ROUTE

- 1. Leave the hotel front entrance and turn left.
- 2. Cross Promenade Drive and turn left onto the sidewalk.
- 3. Follow sidewalk until it turns into a gravel path, keeping the amphitheater on your right.
- 4. Run on the trail and continue past the bridge to Sheridan Blvd.
- 5. Run under Sheridan Blvd. to fork in path.
- 6. Turn left at fork and cross the bridge.
- 7. Turn around and return to the hotel.

5-MILE ROUTE

- 1. Follow steps 1-6 above.
- 2. Continue on the trail, keeping the lake on your right.
- 3. Go left at fork in path and continue to the bridge.
- 4. Cross bridge and follow the trail as it curves left.
- 5. Immediately look for a stone mile marker with the number 2 on it.
- 6. Turn around at this marker and return to the hotel.